



CAROLINA FLYER

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Friday, Sept. 25, 2009

HAPPY 62ND BIRTHDAY



PHOTO BY SENIOR AIRMAN MINDY BLOEM

Col. Craig Berlette, 43rd Airlift Wing Vice Commander, and Airman 1st Class Brittany Hurdle, 43rd Force Support Squadron, celebrate the Air Force's 62nd birthday by cutting the birthday cake at the Kitty Hawk Inn Sept 18.

POW/MIA Day: Team Pope stands united in vigilance

Story and photo by Senior Airman
Mindy Bloem
Staff writer

It is no secret that military members take care of their own, and the spirit of that statement was never more present than at midnight on Sept. 18 at the base flagpole as Pope Airmen took turns standing at a 24-hour vigil in honor of POW/MIA Day.

POW/MIA Day is a national observance that recognizes prisoners of war and those still missing in action who never made it home. It is held every year on the third Friday in September.

On Sept. 17 at a quarter till midnight, Pope honor guard members, Staff Sgt. Matt Krizmanich and Airman 1st Class Cody Bayless, lowered the American flag to half staff as the POW/MIA flag of the National League of Families blew in the breeze directly beneath it.

Two by two, Pope members marched out to the flagpole in military fashion and took turns standing at parade rest in 15-minute increments for a period of 24 hours.

The iconic black and white POW/MIA flag serves as a stark reminder that those servicemembers who have made the ultimate sacrifice on behalf of freedom are not forgotten. The vigil was simply another

way to bring awareness to that fact.

"After standing for just 15 minutes, I started to become uncomfortable and was looking forward to my relief, but there were POWs who lived in squalid, horrible conditions and were tortured on a regular basis for over seven years straight," said Maj. Chad Scholes, 43rd Aircraft Maintenance Squadron Commander. "We can never begin to understand their pain and suffering on behalf of our freedoms, but I think POWs and those MIA would appreciate this small token of gratitude."

As Airmen took part in the vigil, many people who drove past the scene stopped for a moment of reflection, while others saluted as a way to pay their respects.

"Doing something as a remembrance for our comrades is always special and very important," said Senior Airman Amber Morton, 43rd Airlift Wing. "I wanted to show my gratitude to those in the past and those who continue on – gratitude for serving our country and being a part of our military family."

Airman Ashley LaGrow, 43rd Comptroller Squadron, said she wanted to take part of the vigil because it's important to honor those servicemen and women who have answered the call of duty and endured obstacles that truly test one's willpower.

Perhaps the point of the vigil is best

final rehearsal is Oct. 9 at 7 p.m. at the Crown Coliseum. For more information, call 797-1425.

Pies for Patriots

Fort Bragg Family, Morale, Welfare and Recreation is providing free pies to servicemembers and their families during the second annual Pies for Patriots. Active duty members receive one free case of

frozen apple pies per family. Pies for Patriots begins at 8 a.m. Oct. 3 at the Fort Bragg Fairgrounds. Pies are first come first served while supplies last. Individuals are not permitted to walk-up to receive their pie. Pies for Patriots is open to active duty members and their families who are 18 years of age and older. For more information, call 396-1024.



Chief Master Sgt. Patton Scales, 3rd Aerial Port Squadron Superintendent, and Chief Master Sgt. Douglas Ackerman, 43rd Airlift Wing Command Chief, take the first watch at the vigil in honor of POW/MIA Day Sept. 18.

summed up by the words of Senior Master Sgt. Carolyn Bullock, superintendent for the 43rd CPTS:

"As years go by, I think we tend to forget the sacrifices that POWs and (those) MIAs have made. They get overshadowed by current events and ongoing wars. Fifteen minutes of my time is a small way to honor them, to never forget and to show

that there are others in this generation who still care. My role in standing vigil is small, but I've paired up with Airman LaGrow as a way to mentor, to give back, to remember those who have gone before us, and to show support for the families that deal with the heartache and uncertainty of ever having a missing loved one return."

DUI tracker

DUI tracking is current as of Wednesday

Days since last DUI13
200914
DUIs for 200820
AADD Saves	
This week2
This year225



For a free, anonymous ride home midnight to 6 a.m. Friday to Sunday, call Airmen Against Drunk Driving at 394-AADD.

WIDU Anniversary Community Choir

The WIDU radio station invites all individuals ages 13 and above to join the WIDU Anniversary Community Choir and sing with Byron Cage and Stephen Hurd. Rehearsals begin Sunday at 6:30 p.m. and occur weekly through Oct. 4 at Mt. Olive Baptist Church. The choir's

Coining Pope's Finest:

Each week Col. James Johnson, 43rd Airlift Wing Commander, highlights an outstanding Airman



PHOTOS BY SENIOR AIRMAN MINDY BLOEM

(Above) Col. James Johnson, 43rd Airlift Wing Commander, presents Senior Airman Nikki Simpson, 43rd Force Support Squadron, a Commander's Coin Tuesday. (Left) Senior Airman Nikki Simpson, 43rd Force Support Squadron, sends an e-mail Tuesday from the relocations section to a customer.

Col. James Johnson, 43rd Airlift Wing Commander, presented a Commander's Coin to Senior Airman Nikki Simpson, 43rd Force Support Squadron, Tuesday for her exceptional performance beyond the call of duty. Airman Simpson is a relocations journeyman who assists Pope's Airmen with outbound assignments, separations and retirement actions. Airman Simpson has proven to be a vital asset during the transition phase within the Assignments Relocations Section at the Military

Personnel building. She expertly trained five newly assigned Airmen on relocation actions while still processing her caseload of more than 300 personnel actions this quarter with 100 percent accuracy. She also voluntarily undertook the overhauling of the base Personnel Reliability Program. The program switched from manual to its current automated process, and Airman Simpson instituted checklists and safeguards to maintain the integrity of the personnel information. Her

management of this key program received numerous accolades. Off duty, Airman Simpson volunteers with Habitat for Humanity and helps raise money to defeat Amyotrophic Lateral Sclerosis (ALS). Her efforts have helped local families and generated more than \$60,000 supporting cutting-edge research and community-based patient services programs. Additionally, Airman Simpson continues to pursue a college degree in human resource management, maintaining a 4.0 grade point average.

I'd Go To War With You...

By Maj. Chad Scholes

43rd Aircraft Maintenance Squadron, Commander

I recently saw an interview of an Army Soldier who lost his leg running through a volley of intense enemy fire to save a wounded teammate. When asked why he risked life and limb for the Soldier who ultimately died, he said, "Because he was my friend and he'd do the same for me. Out here, all we have is each other and in order to do our mission, we have to know the person to the left and to the right are willing to put their life on the line." At Col. James Johnson's Commander's Call last week, we were all reminded that sometimes our Wingmen to the left and right of us make decisions that leave us vulnerable to the enemy and weaken our Air Force. I was sobered by the number of senseless deaths over the 101 Critical Days of Summer. As Colonel Johnson finished reading from one page, he read another and then another. Did all of this really happen in our Air Force and just over the summer? The next day, as I stood in silence at the POW/MIA vigil, I reflected on the roll call of Airmen that Colonel Johnson had read, and the young Soldier who had lost his leg, and a confusing thought hit me. If somebody is willing to put their life on the line for their friends in peril during a fierce firefight, why aren't some willing to have the same dedication and devotion to prevent their friends from drinking and

While you diligently train in preparation to act under fire, the actions you take at home may make the difference.

driving or committing safety violations? The circumstances might be different, but aren't the consequences of inaction just as devastating? Doesn't it take just as much courage and fortitude to take the keys away from your friend or refuse to drive a car until all seat belts are secured or letting a supervisor know when your friend constantly disregards technical data? Why do people say, "I'd go to war with you" in a deployed location, but then forget about what it means to truly care and watch over one another back at home station? I think President John F. Kennedy reveals this perceived difference between courage on the battlefield versus courage on the field of everyday life in his 1955 book, "Profiles in Courage." He writes, "For without belittling the courage with which men have died, we should not forget those acts of courage with which men ... have lived. The courage of life is often a less dramatic spectacle than the courage of a final moment; but it is no less a magnificent mixture of triumph and tragedy." As Colonel Johnson noted at his Commander's Call, you may never know if the words or actions you took saved a fellow Airman's life. While you diligently train in

preparation to act under fire, the actions you take at home may make the difference. As we rightfully honor the soldier who lost his leg, we should also celebrate those who stand tall and courageously step in to save a friend who may be succumbing to poor judgement. We should recognize Airmen who run through a crowded bar to stop their friends from downing one too many drinks. We need to harness that intense desire to protect one another when the enemy's bullets are flying and funnel it into protecting one another when life's everyday bullets fly over our heads. No matter the location, deployed or at home station, the last three lines of the Airman's Creed sums it up. "I will never leave an Airman behind, I will never falter, and I will not fail." After thinking about all the needless deaths from this past summer, my mindset on what it means to be a Warrior ... an American Airman has been strengthened. Not only will I go to war with you, but I'll fly through a hail storm of bullets to stop you from drinking and driving or other unsafe acts that may lead to your death. I will never leave you behind. I hope you would do the same for me and I challenge you to do the same for the Airmen to left and right of you.

Commander's Helpline

The Commander's Helpline is your direct link to Col. James C. Johnson, 43rd Airlift Wing Commander. If you have worked through normal channels and aren't satisfied, Helplines are an opportunity to ask questions, compliment someone or make suggestions. You must include a name and phone number for a response. Helplines of general interest will be published in the Carolina Flyer, others will be answered by letter or phone call. Remember, the most efficient way to solve a problem is to talk directly to the responsible office or follow your chain of command. You can call the Commander's Helpline at 394-4357 or e-mail to commanders.helpline@pope.af.mil.



Helpful numbers

Emergency (Base Phone/home phone)	394-0911
Cell Phone	394-0911
Law Enforcement Desk	394-2800/2808
Helping Hand Hot line	394-2777
Crime Stop	394-4111
Pope Clinic.....	394-4258
Pass and Registration.....	394-2694
Security Force.....	394-2800
Legal Office.....	394-2341
Chapel.....	394-2677
Military Personnel Flight.....	394-2276
Pope Club, collocated.....	497-4031
TRICARE Customer Service.....	1-877-TRI-CARE
Civil Engineers.....	394-2821
Inspector General.....	394-2302
Family Support Center.....	394-2538
Child Development Center.....	394-4323
Kitty Hawk Inn Dining Facility.....	394-4377
Housing Management.....	394-4867
Bowling Center.....	394-2891
Fitness Center.....	394-2671
Finance (Military Pay).....	394-1410/1412
AAFES Shoppette.....	497-8181
Public Affairs.....	394-4183
Pope/Ft Bragg American Red Cross.....	396-1231/877-272-7337

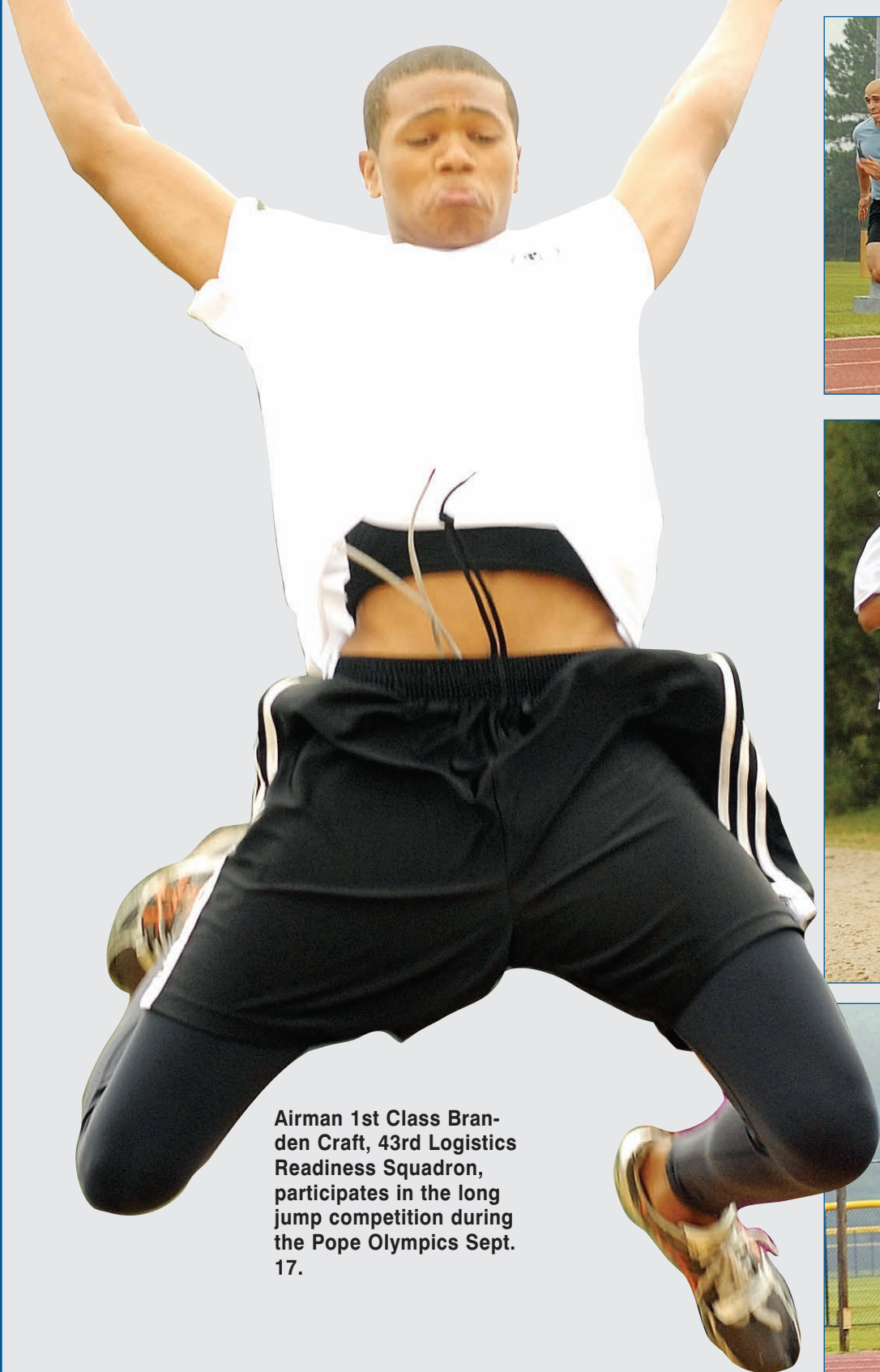
What Is A Unit Climate Assessment?

What is a Unit Climate Assessment and why is it important that Wing personnel participate? The UCA is a tool that a commander uses to identify a unit's positive and negative human relation factors that may have an effect on mission readiness. In today's expeditionary Air Force, readiness is essential. Human relations that affect readiness include morale of the unit, communication between its members, attitudes and perceptions of the unit's members of different ranks, races, ethnicities, gender and the overall health of an organization. After completion of the survey, commanders will use the results to initiate actions to improve the human relations climate and the working environment. The UCA is compromised of 50 questions that are broken down into the following areas: cohesion and pride, motivation and morale, supervisory support, perceived discrimination, overt discriminatory behaviors and the perceptions of the command's EO/EEO policy enforcement. The commander is also authorized up to 10 additional questions that may cover a variety of

issues. All answers are given on a scale ranging from strongly agree to strongly disagree. The survey allows for further elaboration on answers and to voice individual concerns. The key is to be open and honest. Commanders want to hear the truth about the issues that are most important to Airmen. All of the answers and feedback are completely anonymous. At no point during the UCA will a name be asked. This is an opportunity to freely speak to the commander without fear of reprisal. To further prove the anonymity of the survey, all personnel use the same access password. Commanders have no way to match an individual's name to their answers. The Unit Climate Assessment will begin Oct. 1 and run through Oct. 31. All active duty military members and civilian (including NAF) employees are encouraged to participate. Further guidance on survey access will be published by e-mail Oct. 1. For assistance, contact the Equal Opportunity Office at 394-2273/2274/4490. (Courtesy of the Military Equal Opportunity Office.)

FLYER NEWS

Pope Olympics 2009



Airman 1st Class Branden Craft, 43rd Logistics Readiness Squadron, participates in the long jump competition during the Pope Olympics Sept. 17.



(Above) Participants take off as the whistle blows during the 100 meter event at the Pope Olympics.



(Left) Senior Airman Penny Martinez, 43rd Logistics Readiness Squadron, competes in the 5K run during the Pope Olympics.



(Bottom Left) Tech. Sgt. Zackery Turbyfill, 43rd Force Support Squadron, throws the shot put at the Pope Olympics.



(Below) Master Sgt. Tressie Anderson- Bolden, hands the baton to Staff Sgt. Eisa Lopez, both members of the 14th Air Support Operations Squadron, during the Pope Olympics.

PHOTOS BY SENIOR AIRMAN MINDY BLOEM



2009 Combined Federal Campaign Upcoming Events



- 25 September:** Pope Strongest Airman: POC: SrA Gregory Dailey, 43 CPTS/FMA: 394-1335
- 1 October:** Mentorship Ride: POC MSgt. Danny Christ and SSgt. Matthew Krizmanich, 43 FSS/Honor Guard: 394-2732
- 2 October:** Breakfast Burritos: POC: Ms Crystal Moore, 43 AW/CP: 394-9314
- 3 October:** Bagging for Bucks: POC: MSgt Bobbie Moore, 43 LG/LGRR: 394-4094
- 5 October:** Bowling Tournament: POC: 1Lt Jennifer McGarry, 43 MDSS/SGSL: 394-1162
- 7 October:** Bake Sale: POC: 1Lt Karissa Skiba: 43 AW/CPTS: 394-1300
- 16 October:** Jail N Bail: POC: 1Lt Michael Alvord: 43 MSG/SRS: 394-4550
- 19-23 October:** Silent Auction: POC: Ms Kathy Brown: 43 MDOS/ SGOHF: 394-1818
- 23 October:** "CFC Finale" Fun Run: POC: 2Lt Benjamin Muse: 3 APS/TRK: 394-7733



PHOTO BY CAPT. NAVONDI HOOKER

Air Force Ball

Team Pope members dance the Cha-Cha Slide during the annual Air Force Ball hosted by the 43rd Airlift Wing Saturday. Airmen and their guests dressed in their finest to enjoy fun, fine dining and camaraderie. The event featured the entertaining vocals of Fort Bragg's 82nd Airborne Chorus.

Deadlines

The deadline for all material, stories and pictures to be considered for publication is noon Friday, the week before publication. Call **394-4185** for more information.

Pope talks

By Senior Airman
Mindy Bloem
Staff writer

Why do you think it is good to give to the CFC?



“Because they’re a lot of good organizations that need money, and it’s up to us to help, especially in this economy.”

— Staff Sgt.
Brian Margavich
43rd Communications Squadron



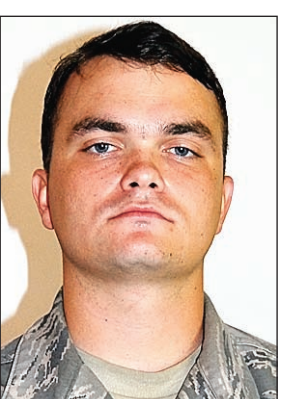
“It’s important to support organizations that give back. They can’t give unless we do.”

— Tech. Sgt.
Terrence Bessillieu
43rd Force Support Squadron



“I give to the animal shelter, and it gives me a sense of pride to help out.”

— Airman 1st Class
Samantha Rizzo
3rd Aerial Port Squadron



“It’s karma. A good deed done is a good deed returned.”

— Senior Airman
Michael Jackson
2nd Airlift Squadron



PHOTO BY SENIOR AIRMAN MINDY BLOEM

Welcome Home

Master Sgt. Kevin Saquilan, 2nd Airlift Squadron, reunites with his daughter Katrina, 4, Sept. 18 after a 4-month deployment to Ramstein, Germany.



PHOTO BY SENIOR AIRMAN MINDY BLOEM

Under the Influence

Senior Airman Andrew Tschop, 43rd Medical Support Squadron, drives the DUI simulator during the Save a Life tour Wednesday at Hangar 4. The program is an interactive alcohol awareness event that demonstrates the dangers of drunk driving.

News

Editor's note: To maintain the newsworthiness and timeliness of the Carolina Flyer, briefs will run for a maximum of four weeks or until the event occurs, whichever comes first. If there's a need to extend the publication of the brief, call the editor at 394-1723.

■ **ASIST training:**

Applied Suicide Intervention Skills training is Oct. 1 and 2 from 8 a.m. to 4 p.m. at the Airman and Family Readiness Center. This two-day workshop provides the attitudes, knowledge and skills to recognize people at risk of suicide and to undertake appropriate management or referral of a person at risk. For more information or to register, call 394-2538.

■ **Volunteer Opportunity:**

The Western Harnett High School Marching Eagles is hosting a band competition Oct. 3. Volunteers (runners, escorts and equipment drivers) are needed to help make this event successful for local area school bands. The event begins at 10 a.m. and ends at 9 p.m. If interested in participating, call Master Sgt. Jana Manning at 919-499-1709 or Sabrina Drew at 919-842-5392.

■ **Family Care Plan:**

An Air Force IMT Form 357 is required to be maintained on all personnel

who require a family care plan. Individuals must designate a short-term provider, a long-term provider and a temporary custodian. This is the most important phase of your family care planning. The person selected should be someone who is trusted with your child/family member's life. If a family member becomes seriously ill or is injured, the designee may have to make life and death decisions without consulting the parent. The person selected must be 21 years of age or older.

■ **Clothing Sales Moves:**

The Air Force and Army Military Clothing Sales stores have moved the Pope location to the Military Clothing Store on Fort Bragg, located in the Mini Mall off Reilly Road. The new hours of operation are Monday to Friday from 8 a.m. to 8 p.m. Saturday from 9 a.m. to 7 p.m. and Sunday from 11 a.m. to 5 p.m. The consolidation is a result of Base Realignment and Closure adjustments taking place between the installations. The move allows AAFES to improve the stock assortment as well as continue to provide Air Force items for customers and increase the hours of operation.

■ **ALS Graduation:**

Airman Leadership School's class 09-G graduates with a

banquet at the Pope Club Oct. 20. Due to the expected number of personnel wishing to attend and the limited number of seats available, individuals wishing to attend should RSVP by Oct 8. Individuals who received an invitation from a student must RSVP directly to them at 394-4366. Individuals who received an invitation from the ALS staff must RSVP to the staff at 394-4417. Respond only if planning to attend. The dress code is uniform of the day for military members or business-casual clothing for civilians. For more information, call ALS at 394-4370/4374.

■ **Get out of Debt:**

"Getting out of debt," a credit management class, is held from 9 to 11 a.m. Oct. 15. This class teaches people about wise credit selection, the true cost of credit, and how to deal with too much debt. Participants will learn how to use Power Pay, a computer software rapid debt reduction program. To reserve a seat, call the A&FRC at 394-2538.

■ **Sponsorship Training:**

Have you been assigned as a sponsor for personnel coming to Pope? Plan to attend the Sponsorship Training Oct. 20 from 9 to 10 a.m. This class provides individuals with the resources to effectively assist those arriving at

Pope. Registration is required. To reserve a seat, call 394-2538.

■ **Airman's Attic:**

The Airman's Attic is open to all Pope servicemembers and their families from 10 a.m. to 2 p.m. Oct.21 at the AFRC. Furniture will be available for only E-5s and below with less than 8 years of service. For more information, call 394-2119/2424.

■ **Smooth Move:**

Moving soon due to changing duty stations or retirement? A Smooth Move class is available from 9 a.m. to noon Oct. 22 at the A&FRC. This class teaches how to have a successful move. Information will be presented from Legal, TMO, Life Skills, Housing, Finance and more. Reservations are required. To register, call the A&FRC at 394-2538.

■ **Community Festival:**

The Sandhills Sankofa Festival is celebrating rural African America Heritage from 11 a.m. to 6 p.m. Oct. 3 at Mendoza Park in Spring Lake. The festival has food, dancing, children's games, storytelling, vendors, educational exhibits, gospel music and live entertainment. For more information, call 497-0628 or 436-3406.

■ **In - Service Recruiter:**

Pope's new Air Force Reserve in-service recruiter is Master Sgt. Jason Maney. Individuals who are separating from active duty

and are interested in Reserve assignments or the Palace Chase program can reach Sergeant Maney at 394-1099.

■ **Thrift Shop:**

The Pope Thrift Shop is located in Bldg. 357, next to the base library. Hours of operation are Tuesdays, Wednesdays and Thursdays, 10 a.m. to 1 p.m. and Thursday from 5:30 to 8:30 p.m. Personnel with access to Pope may shop at the store. Consignments are accepted from Department of Defense identification card holders regardless of rank or branch of service, both active duty and retired. For more information, call 394-2427.

■ **FAP:**

The Family Advocacy Program offers education and support services tools for building healthy family relationships. They offer a wide-range of classes. Most classes are voluntary, self-referred and offered on a rotating basis. For more information or to register for classes, call 394-4700.

■ **Spring Lake's Storm Water Department:**

Young's Lake in Spring Lake has refilled due to a blockage in the release control structure. The Army will be utilizing pumps to release the water in an effort to free the debris.

Flows of up to three times the normal amount

will be experienced as the water level is pumped out of Young's Lake.

Citizens along the outfall should to be aware of the fact that water flows will be increased as the reservoir is drawn down. The following streets are involved in this notification: Kristin Avenue, Odell Road, Milton Street and Mack Street.

The following areas will be affected: Laketree, Village on the Lakes, Holly Hills and Odell Smith and Sons.

All affected residents are advised to keep an eye on the creek flow. If water levels rise to uncomfortable levels, notify the Town of Spring Lake Stormwater Department at 436-0241.

Spring Lake will continue to monitor the situation and release additional updates as required.

■ **Attention All Personnel:**

It is with deep regret that we announce the untimely death of Airman 1st Class Jeremy Melvin of the 43rd Operations Support Squadron. Capt. Richard Holtzman has been appointed Summary Court Officer and is authorized to make disposition of the personal effects of Airman Melvin as stated in AFI 34-244. Anyone having claims for or against the deceased should contact Captain Holtzman at 394-1683.

2009 Fire Prevention Week

The following events are occurring for this year's Fire Prevention Week:

Oct. 5

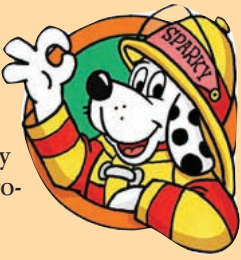
- 10:30 a.m.: Opening ceremony at Fire Station
- Cake Cutting
- Unveiling of the Pope Elementary winning fire prevention poster
- Presentation of gifts to poster winner

Oct 6

- 9 a.m.: Fire drill and a visit from Sparky the Fire Dog at Child Development Center
- 10:30 a.m.: Story Time and a visit from Sparky the Fire Dog at the Library
- 3:30 p.m.: Fire Drill and a visit from Sparky the Fire Dog at Youth Center/School Age Program

Oct 7

- 9 a.m.: Pope Elementary School visit from Sparky the Fire Dog



- 5 p.m.: Military Family Housing Parade

Oct 10

- 10 a.m.: Fall Safety Day at Cross Creek Mall
- The Fire Station Open House is every day during Fire Prevention Week. The hours of operations are from 9 to 11 a.m. and 1 to 3 p.m. Large groups can schedule a visit by calling 394-2467/2464.

Fire safety inspections of Military Family Housing units are available by appointment from Oct. 5 to 10. Call the Fire Prevention Section at 394-1435/4778 to make an appointment.



CAMP WESSAM, Iraq
PHOTO BY SFC DARRYL L. MONTGOMERY



Afghanistan
PHOTO BY LT. MARQUES JACKSON



RAMSTEIN AIR BASE, Germany
PHOTO BY STAFF SGT. CHARITY BARRETT



ROYAL AIR FORCE MILDENHALL, England
PHOTO BY STAFF SGT. AUSTIN M. MAY



FORWARD OPERATING BASE DWYER, Afghanistan
PHOTO BY STAFF SGT. SHAWN WEISMILLER



KADENA AIR BASE, Japan
PHOTO BY STAFF SGT. LAKISHA CROLEY

Around the Air Force

CAMP WESSAM, Iraq

Iraqi aircraft serve as the 'eye in the sky' during a training exercise between Iraqi Army and Air Force units at Camp Wessam, Iraq, Sept. 12.

RAMSTEIN AIR BASE, Germany

Members of the 86th Airlift Wing base honor guard conduct a flag-folding ceremony during the Ramstein Honor Guard Appreciation Day Sept. 11, at Ramstein Air Base, Germany.

FORWARD OPERATING BASE DWYER, Afghanistan

Airman 1st Class Davis Smith carries a guide used in airfield construction Sept. 9, at Forward Operating Base Dwyer, Afghanistan. He is part of a team preparing the area for a runway that will allow C-17 Globemaster IIIs to deliver cargo and people directly to FOB Dwyer. Airman Smith is assigned to the 1st Expeditionary RED HORSE Group and is deployed from Malmstrom AFB, Mont.

Afghanistan

An F/A-18F Super Hornet flies alongside a B-1B Lancer after a close-air-support mission supporting coalition forces in Afghanistan.

ROYAL AIR FORCE MILDENHALL, England

A crowd of about 50 Airmen at Royal Air Force Mildenhall, England listen Sept. 19 as two former Royal Air Force airmen recount their experiences as POWs in WWII. The pair were both interrogated at Stalug Luft III, the German POW camp featured in the movie, "The Great Escape." They visited the base to speak as part of RAF Mildenhall's POW/MIA Remembrance Week.

KADENA AIR BASE, Japan

Members of the vehicle maintenance flight of the 18th Logistics Readiness Squadron perform squat thrust as part of their routine stretches before a typical 5K run Sept. 16, at Kadena Air Base, Japan. With their three-day-a-week PT program, they incorporate a team building day every Thursday to establish camaraderie and team concepts.

Sergeant drastically improves PT score



PHOTO BY 2ND LT. CAMMIE QUINN

Master Sgt. Scott Mello, 43rd Operations Support Squadron, completes mile four of his seven mile run Wednesday morning at the Pope track.

By Rhonda Griffin
Staff Writer

For years, Master Sgt. Scott Mello, 43rd Operations Support Squadron, never had to worry when it was time for his Physical Training

test. He always passed with flying colors.

Until he came back from a year-long deployment to Afghanistan. After months of not-so-good food and little to no PT, the sergeant found himself packing on some

extra pounds when he returned to Pope.

“The food was so horrible in Afghanistan, I found myself overindulging on the fine American cuisine of our fast food chains when I got home,” Sergeant Mello said with a laugh. “Squadron PT three times a week just wasn’t burning enough calories to offset the consumption.”

Upon his return to the 43rd OSS in early March, Sergeant Mello was notified he had 43 days to take his PT test. When his test day rolled around on April 23, he fell into the failure category with a 73.05 percent. He would be required to take another test in 90 days.

“I was required to go to the HAWC (Health and Wellness Center) for a class, and part of the program was to track my physical fitness activity,” he said. “Even though they tell you how often to work out, everything is self-paced, so there is no dedicated workout.”

Nearing retirement, Sergeant Mello knew he could take his chances and

hope for the best when his retest came around. However, he simply couldn’t end his Air Force career in that way.

“I didn’t realize how much my ego would be crushed,” he said. “When I sat down and thought about it, I knew I was the fat master sergeant who had failed his PT test, and the scale just kept going up.”

On his 5-foot-5-inch frame, the bathroom scale in his home finally topped out at 169.8 pounds, Sergeant Mello said. He was “doing the pressure test on the seams” of his size 40 flight suit.

With 42 days left until his next PT test, Sergeant Mello suggested his squadron hold its own version of the Biggest Loser contest. Along with the other 18 people who signed up to compete, the sergeant set out to get fit and drop some pounds. At the end of the six-week contest, he had shed 17 pounds – but still hadn’t reached his goal of 135 pounds.

The 43rd OSS had a second-round, eight-week contest, and even with spending

nine days at Disney World, he was still able to drop some more weight. He is now only five pounds above his goal weight.

“I just started running and taking PT seriously and putting an effort into it,” Sergeant Mello said of his weight loss. “My original goal was to be able to run the flightline.”

He stepped up his own personal workout goals, adding an extra day of running into his schedule. When he first began his weight loss quest, he was “one of the guys at the back of the line.” Now Sergeant Mello runs the flightline on a regular basis.

“I was running near my house one day, and I decided I would just keep running until I hit 10 miles,” he said. “I was able to just keep building up until one weekend when I was running, I decided I wanted to run a marathon.”

Sergeant Mello began to do some research on the Web, and came up with two local marathons that are scheduled for November. He

called his friend and running partner, Master Sgt. Chris Phipps, 43rd OSS, to ask him if he was up for a marathon. The duo will be running their first full 26.2-mile marathon together at the Outer Banks Nov. 8.

Since making the decision to run in the marathon, Sergeant Mello has begun a targeted training program that is designed for those who are preparing for their first marathon. He is currently up to running 15 miles, and often runs “just for fun,” he said.

The weeks of hard work and determination also showed in the sergeant’s last PT test – which is the one he was required to take within 90 days of his prior failing score. In just two months’ time, Sergeant Mello’s PT score soared to a 96.25. Content but still not satisfied, he is planning to take the test once more before his retirement in February.

“I just want to get a 100,” he said with a smile. “I’m going to retire in the best shape of my life.”



PHOTO BY RHONDA GRIFFIN

30 years of Service

Brenda Atterberry was honored Sept. 18 for her 30 years of service with the Air Force in a pinning ceremony while surrounded by family, friends and co-workers. She was presented with a pin and a certificate of service by Col. James Johnson, 43rd Airlift Wing Commander, during the ceremony. Mrs. Atterberry has served as the secretary to the Aeromedical Evacuation Squadron commander since June 1992.

100% interest?



Did you know Pope AFB is trying to reach the goal of **40 percent** of all solid waste be recycled? Yes and we can make it but we need everyone’s help.

It pays to recycle.

For more information, contact your unit/group environmental coordinators or the 43rd CES environmental flight.



PHOTO BY SENIOR AIRMAN MINDY BLOEM

JROTC tour

Senior Master Sgt. Sean Gleffe, Combat Control School Commandant, explains the significance of the Silver Wall to an Air Force JROTC group from Asheboro High School during a tour of the Combat Control School Sept. 18. Sergeant Gleffe also demonstrated the Combat Controller's fitness routine and led the cadets through the CCS Museum. The cadets then visited the base dormitories, had lunch at the Kitty Hawk Inn, took a tour of a C-130 and viewed a military working dogs demonstration. The JROTC cadets were able to catch a first hand glimpse of a typical day in the Air Force.



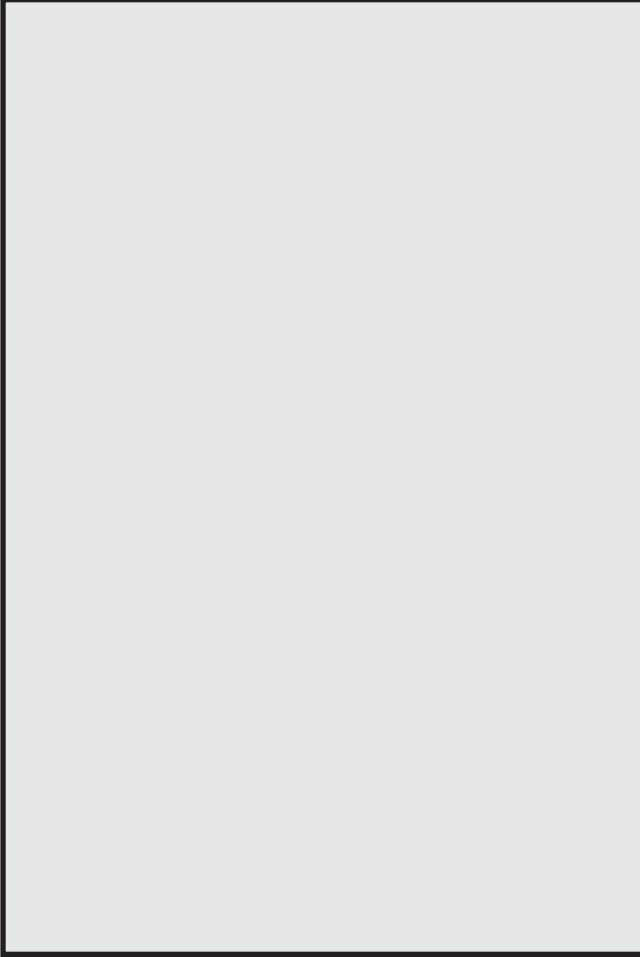
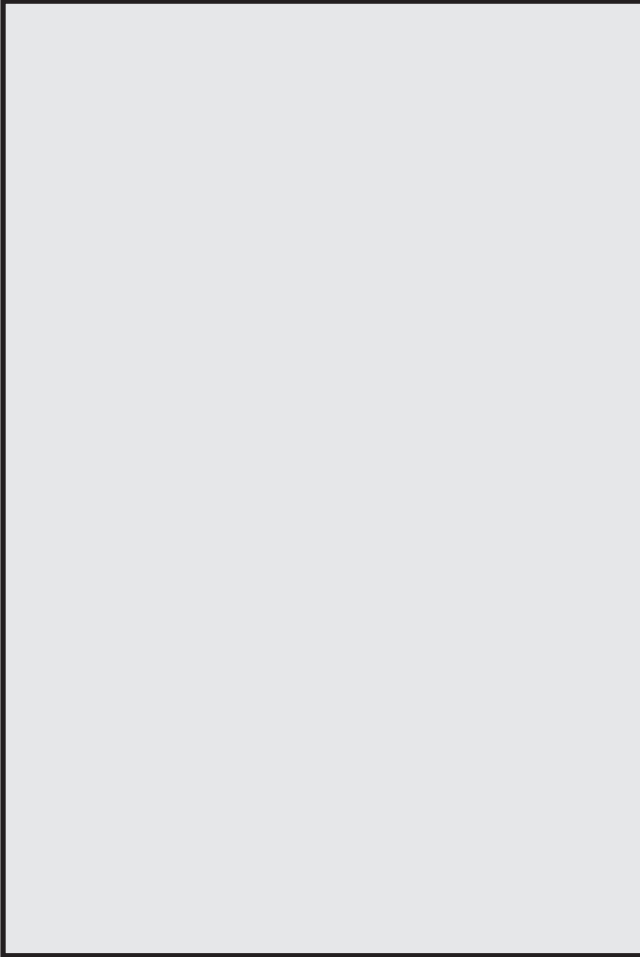
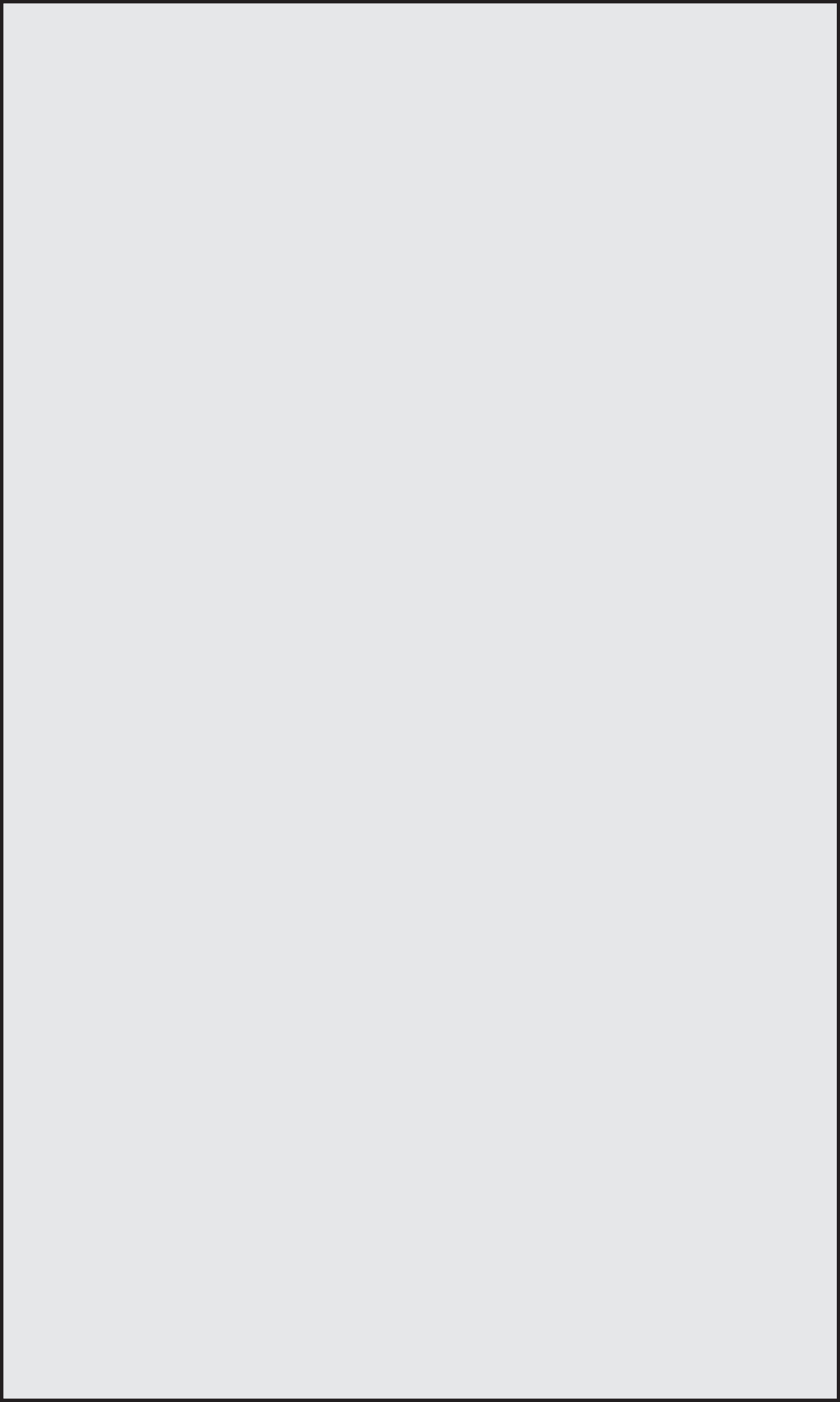
PHOTO BY SENIOR AIRMAN MINDY BLOEM

Volleyball Championship

Davey Nance, Air Force family member, blocks a spike from an opponent from the 66th Air Support Operations Squadron during the Intramural Volleyball Championship game at the Pope Fitness Center Monday. Nance, number 777, shared the spotlight with his brother, number 77 and his father, T.J. Nance, retired Air Force servicemember, who wore the number 7. The 43rd LRS defeated the 66th ASOS with a score of 15 to 13, winning the team the title of Pope Intramural Volleyball Champions. The 43rd LRS team has six volleyball players, five of whom played in the championship.

Air Force Radio News Available Toll Free

The latest Air Force news is available as a daily five minute broadcast at 1-877-237-2346.



MARKETPLACE

CAROLINA FLYER

Sept. 25, 2009

www.pope.af.mil

POPE SERVICES

Kitty Hawk Inn
☐ 394-4377
UTA weekend Saturday and Sunday:
Breakfast: 6 to 8 a.m.
Lunch: 10:30 a.m. to 1 p.m.
Dinner: 4 to 7 p.m.
Monday - Friday
Breakfast: 5:30 to 7 a.m.
Lunch: 10:30 a.m. to 1 p.m.
Dinner: 4 to 7 p.m.
Weekends, Holidays and downdays
Brunch: 7 a.m. to noon
Supper: 4 to 6 p.m.
Habaneros' Mexican Grill
☐ 394-4580
Breakfast

Monday - Friday: 7:30 to 10:30 a.m.
Lunch
Daily: 10:30 a.m. to 2 p.m.
Information, Tickets and Travel
☐ 394-4478 or 394-5462
Monday - Friday: 10 a.m. to 5 p.m.
Library
☐ 394-2195
Monday - Thursday: 9:30 a.m. to 8 p.m.
Friday: 9:30 a.m. to 7 p.m.
Story time
Friday: "Fun and Fitness" 4 p.m.
Tuesday: "We're All Different"
Saturday: 10 a.m. to 5:30 p.m.
Wood Shop

☐ 394-5049
Tuesday - Thursday: 1 p.m. to 8 p.m.
Friday and Saturday: 9 a.m. to 5 p.m.
School Age Programs
☐ 394-2869
Monday - Friday: 6 a.m. to 5:30 p.m.
Auto Hobby Shop
☐ 394-2293
Tuesday - Thursday: 11 a.m. to 8 p.m.
Friday and Saturday: 9 a.m. to 5 p.m.
Community Center
☐ 394-2779
Closed for renovation
Bowling Center
☐ 394-2891

Monday - Thursday: 11 a.m. to 9 p.m.
Friday: 11 a.m. to 1 a.m.
Saturday: 11 a.m. to 12 a.m.
Sunday: 11 a.m. to 7 p.m.
Willow Lakes Golf Course
☐ 394-GOLF
Monday: Closed
Tuesday and Sunday: 7:30 a.m. to 7:30 p.m.
Fitness Center
☐ 394-2671
Monday - Friday: 5 a.m. to 11 p.m.
Saturday and Sunday: 7 a.m. to 6 p.m.
Holidays and family days: 7 a.m. to 3 p.m.
Frame and Design Arts
☐ 394-4192
Monday and Tuesday: 10 a.m. to 5 p.m.

Wednesday and Thursday: 10 a.m. to 7 p.m.
Friday: 10 a.m. to 5 p.m.
Saturday, Sunday and Holidays: Closed
Butler's Barber Shop
☐ 394-4387
Monday - Friday: 9 a.m. to 5 p.m.
Mack's Barber Shop
☐ 436-7718
Monday - Friday: 9 a.m. to 5 p.m.
Equipment Rental
☐ 394-4730
Monday/Wednesday Friday: 9 a.m. to 5 p.m.
Child Development Center
☐ 394-4323/2724
Monday - Friday: 6:30 a.m. to 5:30 p.m.

Pope chapel

315 Ethridge Street
☐ 394-2677

Religious services

For bible studies call the chapel

Traditional service:

Sunday, 8 a.m. except second Sundays

Contemporary service: Sunday, 11:30 a.m.

Protestant Combined Worship:

11:30 a.m. the second Sunday of each month with potluck following services

Sunday school (all ages): 10 a.m. at Pope Elementary School

Catholic services: Sunday at 9:30 a.m. and 5 p.m.

RCIA: Contact 394-1856

CCD: 11:15 a.m. at Pope Elementary School

Services offered at Fort Bragg

Catholic service: JFK Chapel, Ardennes Street, Saturday at 5 p.m. Confessions at 4 p.m.

Muslim or Orthodox Christian services: Call the Fort Bragg Chapel at 396-1121.

Officers' Christian Fellowship: Bible study on leadership, Wednesday at 6 a.m.

Jewish services: Contact the Faith Community Chapel Bldg. D-3733 Ardennes St at 489-2094.

Wiccan ceremonies: The Watters Center on Fort Bragg holds an open circle Thursday at 7:30 p.m.

NFL SUNDAY TICKET!!!

FOOTBALL FRENZY

Watch all NFL GAMES SUNDAYS!!!

Become a MEMBER of the Pope Club for your chance at winning an all expense paid trip to an NFL GAME or SUPER BOWL XLIV!!!!

EVERY SUNDAY AT THE POPE CLUB!

Back at the Bowling Center!

COLORAMA

Saturdays 7PM – 9PM

\$15 Entry Fee
(Includes Shoes)

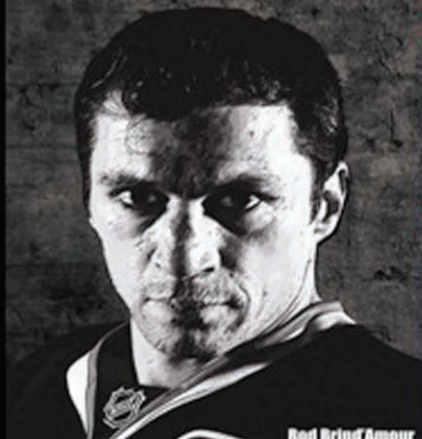
BIG CASH PRIZES!

PLAY FOR FUN!



For more Information call the Bowling Center at 394 - 2891

ROCK YOU LIKE A ...



Tickets are on sale now for 2009 Carolina Hurricanes home games at RBC Center in Raleigh! Visit ITT for your tickets today! Call 394.4478 or 394.5462

Skate to www.NHL.com for a complete schedule!
OUR TEAM · OUR TRADITION

Fun on Ice for the whole family! Call Pope ITT for all of your ticket/event needs!

Disney ON ICE

100 YEARS OF MAGIC

Join Mickey Mouse, Donald Duck, Simba and your favorite Disney characters for a magical experience!

SHOW DATES AND TIMES
October 29 at 7 PM
October 30 at 7 PM
October 31 at 11 AM, 3 PM
November 1 at 2 PM

TICKETS
\$13.50 - \$15.50 per person

VENUE
Crown Coliseum
Fayetteville, NC

TICKETS ON SALE AT ITTI!
CALL 394.4478/5462



Movies

Tickets are \$2 for adults and \$1.50 for children 12 and younger.

Pope Theater

Armistead, Pope

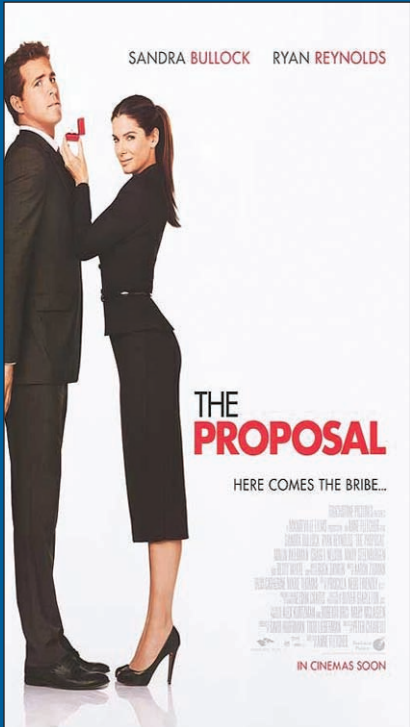
Tonight: G.I. Joe: Rise of Cobra (PG-13) 7 p.m.

Saturday: G-Force (PG) 4 p.m.; G.I. Joe: Rise of Cobra (PG-13) 7 p.m.

Sunday: Aliens in the Attic (PG) 4 p.m.; Funny People (R) 7 p.m.

(Courtesy of www.aafes.com)

Movie Corner: The Proposal



By 2nd Lt. Cammie Quinn
Editor

I walked out of this movie shrugging my shoulders and saying "meh." "The Proposal" features two talented stars, Sandra Bullock as the intimidating and work-driven Margaret Tate, and Ryan Reynolds as Andrew Paxton, the ever whimsical secretary who has dreams of becoming an editor. The chemistry between them was natural and well played; however, it wasn't enough to save this predictable romantic comedy.

Margaret, a publishing executive, is given the surprise of her life when she is informed that her Visa has expired thus resulting in her impending deportation back to Canada. She makes a spontaneous decision to pronounce her engagement to Andrew, who accepts the arrangement only after bartering for the position of editor at their publishing firm. Margaret begrudgingly agrees and their sham marriage is put into place — that is, until a meddling customs agent questions its legitimacy and threatens to interrogate the couple's friends, family and co-workers. After some fast talking, Andrew and Margaret find themselves locked into visiting Andrew's family in Alaska.

It is in there that Margaret grows a conscience after several awkwardly funny encounters with the family puppy, a baby blanket and a multi-functional Cuban stripper. Margaret grows a true relationship and an emotional connection with Andrew's family, most specifically, Andrew's eccentric Grandma Annie, played by the ever entertaining Betty White. Margaret and Andrew must face the moral struggle of pulling off the sham marriage while potentially leaving Andrew's family in the wake.

Bullock's character was a good idea, although it's been done before (think of the intimidating Miranda of "The Devil Wears Prada"), and the storyline was somewhat lacking. The actors were genuine and the Paxton family dynamic was endearing; however, many of the scenes felt forced and lacked depth. The humor was steady for the first half of the movie but seemed to drop off toward the end, leaving the audience more emotionally tapped than driven to laughter.

All in all, "The Proposal" was a movie I'd recommend for a night-in while cuddled up in your pajamas with a bowl of popcorn. It serves its purpose as a light-hearted summer comedy, but as far as a gut busting comedy, it falls short.